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abandon all the mimicry of the Swedish and Russian folk-dances is entered into—the slaps on the face (that do not slap), the quaint cajolery, the dignified ceremoniousness, the whole gamut of mimic social life. The music, too, is always appropriate. It is the music that has grown up with **the dance**, and belongs to it—the strange, harmonious and peculiar rhythm of Slavic chardos; the spirited, sharply accented air with the bagpipe's drone imitated in the bass, of the Highland Fling."

The book contains reports from the playground associations and from teachers in the public schools testifying to the popularity and the good results of the introduction of folk-dancing into recreation centres in crowded cities where space is at a premium.

THE CONQUEST OF THE NERVES. By I. W. Courteney, M.D. Price \$1.25. The Macmillan Company, New York.

Dr. Courteney's book is a protest against the tremendous exodus of people outside of the field of medicine in search of cures for physical ills. He attributes this in some measure to ignorance and regrets the lack of even rudimentary knowledge of the human body and its functions prevailing among otherwise intelligent and enlightened people; and also to a proneness to run after quackery. He disputes the idea that mind is the absolute master of the body; and taking up in order the methods pursued by the Christian Science, Emmanuel, and New Thought forms of therapy, demonstrates briefly but effectively the great importance of the rôle of self in the mental and spiritual healing, the great use made of the attributes, faith, prayer and optimism. A chapter on charlatantry in general leaves us rather humiliated at the superstitions which still flourish in good society, and at the childish credulity displayed by people in general as evidenced by enormous sales of patent medicines, not to mention the thousand and one devices as rings, belts, lockets and contrivances, electrical and other, which find a ready market.

Proceeding to the field of legitimate medicine the author proceeds to treat of functional nervous disorder—the subject of organic disease in this connection being classed as a different condition and not entered upon.

As to the causes of functional nervous disorder they are ranged under two heads—the predisposing and the direct; the most prominent of the former is stated to be hereditary. Education and training are also reckoned as predisposing factors. Direct cause of functional nervous disorder is, in the opinion of Dr. Courteney, more rare than is generally supposed—but if direct cause exists independent of predisposition, it is to be found in worry—add to worry bad dietetic and hygienic conditions

due to the same cause as the worry, which is lack of money, and the cause of much nervous disorder is evident. Grief, jealousy, and other emotions are considered.

In describing the symptoms, every sensation is noted and accounted for, be it small or great. Considering the mental and emotional aspects of functional nervous disorder, uncontrolled fear seems to cover the entire horizon.

The physical treatment of disordered nerves consists of first convincing the sufferer that weakness and irritability of the motor, sensory, and sympathetic elements of the nervous system account for conditions. Once this is accomplished and the patient becomes the minister to his own recovery, his intelligent co-operation is the prime factor. From watching for symptoms of disease he turns to looking for signs of recovery. Diet, generous, well cooked and well served, is considered of first importance. Where digestion and assimilation are impaired the diet may be modified to include raw eggs, scraped beef and such concentrated foods. That tobacco, alcohol, strong tea and coffee are to be tabooed is of course required, except that coffee with breakfast is allowed. Self-drugging is condemned utterly. Bathing, exercise in the fresh air, and rational amusement have their place in the cure—foreign travel is reserved for the completion of the cure.

The psychotherapy of functional nervous disorder consists in keeping the mind free from introspection, self-pity and self-analysis, by keeping some light occupation on hand, by a judicious choice of literature, and by avoiding energy-wasting habits; by attempting cheerful and helpful relations with our neighbors.

The book closes with an exhortation to the victim of functional nervous disorders to try and see his trials in a philosophical light and to remember that it has been a rest time during which he has formed habits which bring within his reach recreative resources of which he would otherwise have remained ignorant. Moreover, the author states that in many instances "Nerves exert a spiritualizing force and bring to a termination a long existing process of soul starvation.

"That oft the cloud that wraps the present hour
Serves but to brighten all our future days."